

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #49 : April 2019

Free
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yourself!



Tree to celebrate school

p. 9

Meet Hurst's marathon runners

p. 26

Village People: John Kearns

p. 30



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Hurst

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EDITORIAL

By David Tingley, Editor

There is much to celebrate in Hurstpierpoint this month.



For a start spring, has sprung (I have to mention the fantastic image on Marcus Grimes' advert on page 8!) which is great news. On page 5 we highlight The Glebe's news that it has won the silver award from the Elderly Accommodation Counsel and on page 9 Judy Parfitt helps Hurstpierpoint Society and St Lawrence School mark 150 years of the village school.

Plus, I haven't even mentioned Chris and Murray Booker's win of Best Pub for Wine at the Star Pub Awards last month. Read about that celebration on page 23.

On page 26 Mike Thatcher showcases six amazing folk in the village who are all running marathons this month! Now that's worth a read, and do support them if you can.

If you like the idea of a bit of DIY Easter present-making this year, then look no further than Belle Amatt's recipe on page 36 – where a humble chocolate bar is given new life!

Talking of Easter; the village churches present the various services and events taking place on page 16.

On page 30 you will find our Village People candidate John Kearns – where Mike sits down with the former actor and finds out more about his life. Thanks John for taking part – and if you know someone who's story we could tell, do please email us editor@hurstlife.co.uk.

I'm very grateful to Mike Woolridge for once again, sharing some of his personal stories from years gone by in Hurst. In this article Mike remembers the 50s and 60s.

What with Bernie Gleave doing the 5 mins with on page 55, Hurst Village Cinema on page 34 and a brand new gardening column on page 35, I think that's probably enough for one month.

More in May!

Issue #49 – April 2019 – 4,200 copies printed

Next magazine copydate: Tues 16th April 2019

Next magazine published: Tues 30th April 2019

Hurst Life

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Hurst Life Published by Kipper



Tawny Lace A double rainbow over Hurstpierpoint

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NEWS

We love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to editor@hurstlife.co.uk

Get involved with this brilliant school community!

If you are interested in finding a way of getting involved with the St Lawrence School community and have excellent administration skills, then look no further! The village school is currently looking for someone to join the team as Clerk to the school's Governing Body.

It's flexible work, usually around five hours per week during term time and a small number of hours during school holidays, with the main duties being to support the planning of meetings, preparing minutes and generally keeping the governors well organised!

If you would like to find out more, then Co-Chair Tim Moulds would be delighted to hear from you. Please contact Tim by email: tmoulds@stlawrencehurst.co.uk or on 01273 832927.

Bowls taster sessions

By Anne Clifford

We are looking forward to spring and summer and another enjoyable season of bowling, so why not come and join us?

Your local bowls club is in South Avenue. We are holding 'Taster Sessions' on Wednesday 24th April at 6pm and Saturday 27th April at 11am.

We are also offering free six week membership, free coaching and free use of equipment and bowls. All you need to know is to wear flat soled shoes (trainers are fine).

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The Glebe wins EAC Silver Award

An Anchor Hanover housing development in Hurstpierpoint has won a Silver Award at the Elderly Accommodation Counsel (EAC) Awards 2019.

The Glebe has won a top prize out of the almost 25,000 retirement housing schemes or developments nationwide.

The awards, now in their eighth year, celebrate the best specialist housing for older people and aim to help shape the future of housing in later life through engaging some 19,000 residents, staff, visitors and volunteers who were all able to vote for their favourite scheme out of the 1,220 nominated between November 2018 and February this year.

John Galvin, EAC's Chief Executive, explained the importance of the awards: "Specialist housing for older people plays an enormously significant role in helping them stay independent for longer. The security, support and great communities have a positive impact on individuals and reduce the need for NHS services."

David Huntley, Scheme Manager for The Glebe, said: "We're thrilled to have won this award as it means that staff, residents and visitors are really happy with the scheme."



David Ashton, Chairman of The Glebe Residents Association, echoed David's enthusiasm: "I'm so pleased to hear that The Glebe has won this award. I really enjoy living here and it's great to see that the EAC awards recognise that it's among the very best there is!"

The EAC Awards are celebrated at The Sheridan Suite, Manchester on 21st May.

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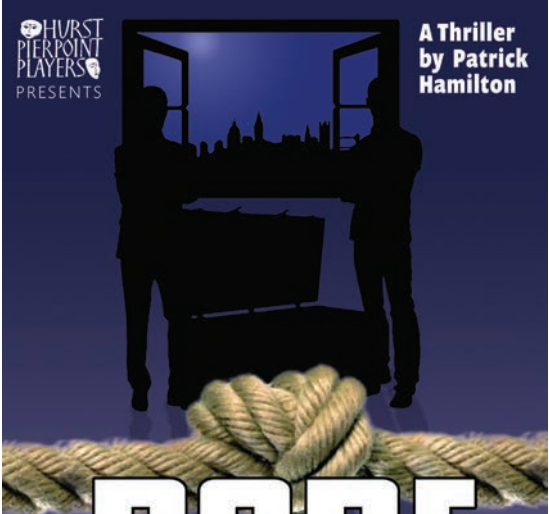


Theatre shows must go on...

Productions in the Players Theatre on the High Street will continue during the summer as it is proposed that the renovations will now take place in the autumn. It is hoped that the initial work will concentrate on new seating and heating system, making it an even more welcoming place to watch plays, productions and films.

The next production is *Rope*, by former Hassocks resident Patrick Hamilton, which is being presented by the Players Theatre 2nd-6th April. It's a mysterious play, a why - rather than who - dunnit! The audience knows from the onset who is responsible for the gruesome murder. The contrasting collection of guests are assembled to enjoy a macabre supper party at the mercy of their hosts' flawed personalities. Not a play for the kiddies!

Jo Kearns, the play's director, explained: "Whilst I was suffering from serious illness a couple of years ago, the nurses encouraged me to plan for future events, and to place on a wish list ideas that had previously only been a figment of imagination. As I was keen to direct a play, 'Rope' became my directorial debut, which so far has been a challenging but highly enjoyable experience."



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Judy plants tree to celebrate 150 years

By Mike Thatcher

Hurstpierpoint Society patron, star of *Call the Midwife* and village resident, Judy Parfit was recently joined by Year 6 House Captains and other residents in planting a new tree outside St Lawrence School.

Twenty years after opening the school fete with her husband she returned to take part in this ceremony organised by the Hurstpierpoint Society to mark the 150th Anniversary of St Lawrence School. "It is a delight to continue to be involved in village matters, especially here at the school which is so central to our vibrant community, and working with Hurstpierpoint Society to create a new village heritage landmark," Judy said.

After a short blessing by Rev Will Kemp, Judy took up the spade and completed the planting job at the junction of Cuckfield and Trinity Road. 116 trees have been planted in the village by the Society over the last ten years, including most recently, two in Chestnut Grove, one in Lynton Close, one in Weald Close and one in St Lawrence Way.

Cllr Colin Trumble, Vice Chairman of Mid Sussex District Council, said: "I am sure, along with everybody in the village, that we wish our excellent St Lawrence School a very happy 150th birthday. It will be great to see once more a tree growing next to the school, replacing the much loved horse chestnut that we lost a few years ago. This is a welcome example of the continuing success of Hurstpierpoint Society's Tree Scheme."

The ceremony was preceded by a robust Q&A session with Judy and the Year 6 pupils. Any fears that there would be no questions were soon dispelled as a sea of hands appeared and remained in the air all through the session. Judy gave them tips for acting, lessons for life and told them many stories from her varied career. Where mentions of Olivier, O'Toole and Hopkins were met with quiet respect, being told her favourite singers were Rag'n'Bone Man, Adele and Robbie Williams were greeted with gasps of approval.

The questions ranged from either her involvement in *Call the Midwife* and acting to questions starting 'What is your favourite...?' or to the somewhat leftfield. 'Who is your least favourite cameraman?'. She finished with some welcome tips for those who had solo parts in the upcoming Robin Hood production, which were appreciated by her young audience.

Membership forms for The Hurstpierpoint Society can be collected from Columbines in the High Street or email hurstsociety@gmail.com.



Exam stress and 'brain juice'

The mental health of students, of all ages, features in the press all the time, and with the exam season approaching many students are feeling the pressure to perform well and to live up to expectations. This pressure to achieve and do well in exams can result in significant and prolonged stress for all students whether they excel in the classroom or not. The physiological effects of this exam-related pressure is the same as the stress-response we call 'burn out' in employees which, if left unchecked, results in symptoms of exhaustion and depression.

There are many ways to reduce the effects of exam stress and you can find two e-books on my website to understand what measures you can take. For now let's just consider the biology of how the brain responds to the pressure of exams. The amygdala in the brain floods the body with the 'Flight-Fight-Freeze' hormone transmitters – adrenaline and cortisol. This chemical mix, or 'brain juice', gets the body ready to react to the threat, with heart rate, breathing, blood pressure all increasing, with muscles tense and readied for combat. Importantly, oxygen-rich blood is automatically diverted away from the prefrontal cortex, the area of the brain concerned with concentration, recall and decision making. The shutdown of the prefrontal cortex results in difficulties in thinking logically, rationally and remembering detailed information. Obviously this is not conducive to revising effectively and performing well in exams!

However, from a biological standpoint, this is a normal stress response and a little bit of stress can be a great enabler; but the effects of prolonged periods of mental and emotional stress have been well proven to negatively impact health and mental well-being. Since the body is ready for flight and fight, students can suffer an inability to sleep, they can feel isolated and lonely, be irritable, irrational and short-tempered, overeat or not eat enough. Prolonged exposure to this type of stress can cause a student to withdraw completely, perhaps self-harm, even suffer with anxiety and depression.

It's important that students understand a bit of the

science behind their symptoms. This 'normalises' their experience. Knowing that the pre-frontal cortex can be shutdown by prolonged stress will help students understand the need for mini-breaks from their revision, to help them relax, laugh and reset their 'brain juice'. This reset brings the prefrontal cortex back 'online' and has a major impact on a student's ability to plan, revise and study effectively and efficiently.

Being able to help the student to rebalance the hormones and neurotransmitters in their brains and create a mix of dopamine and serotonin** (far better brain juice) will facilitate their ability to study. As a parent or teacher, here are just a few things to consider:

- Let them understand the neuroscience...it will make sense of distressing symptoms
- Encourage them to make mini-goals for their revision...this will boost their dopamine levels when they tick them off
- Encourage them to take exercise and do something fun...this will boost their serotonin and will re-balance their 'brain juice'
- Ensure they are hydrated and sleeping...it will help their brain function
- Keep things in perspective for them...and don't add to the pressure

Lindsey at the NineDot Partnership commented: "Students often need help to see the 'wood for the trees'. Giving them the tools and techniques to manage their exam stress will greatly facilitate their resilience and enable their studies and exam success."

Lindsey is running a workshop on 11th April on 'Managing Exam Stress' in Lindfield Coffee Works, Lindfield at 6.30pm. £25 per student and £15 per parent.

**To book contact Lindsey on:
Lindsey@ninedotpartnership.com.
www.ninedotpartnership.com**

** Dopamine is the chemical in the brain associated with the 'highs' of life and is linked closely with motivation; Serotonin is a neurotransmitter which helps us to sleep, recharge, relax and is associated with better memory.



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Preparations at the club

HURSTPIERPOINT CRICKET

By Rob Sawyer

Although the winter is not typically a time when thoughts turn to playing cricket there is still lots to do to prepare for the forthcoming season as well as a chance to celebrate the one just gone. Regular readers will know that last year was an excellent one on the field for all our various sides across the age groups, so it was a happy band that gathered back in November at Singing Hills Golf Club for the annual dinner dance. We had a brilliant evening with a record turnout for the event.

Our AGM was held in the back room of The New Inn; the pub and the club do have quite a connection over the years. Club records show that the annual dinners were held there for several years, and, although 2019's meeting did not feature a violin recital, toast to the King or indeed the playing of the National Anthem, as it did at dinners held between the wars, we were made to feel very welcome.

Everyone standing was re-elected to their respective positions. For roles such as Fixture Secretary or Welfare Officer this is not so surprising; these jobs can be filed under thankless task. Generally someone else always wants to be captain, so it's a tribute to Matt Parsons, Karen Miles, Tony Andrews and Tudor Ellis that they were voted back into their respective positions unopposed.



Apart from perhaps Crown Green Bowls, no other sport relies on its playing surface more than cricket, so the square at Fairfield Rec is lovingly tended. It became apparent last year that there were some problems. Weeds had taken hold, bounce was uneven and some of the wickets felt 'dead'. Members rallied together to help Dave Parsons and Derek Smith, together with experts from Sussex CC remove the old square and create a new one. Happily that was successful, and the result has been lots of lush green growth. Derek has arranged a rolling rota, so if you see someone dragging something across Fairfield Rec in a seemingly pointless exercise that's what it will be.

Our women and junior sections have been training throughout the winter, and towards the end of April we'll be training at Fairfield Rec on Wednesday evenings. If you fancy a game of cricket, whatever your standard, come along and see us!



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School team gets to UK robotics final

A team from Downlands Community School has been selected to compete in the UK finals of the Tomorrow's Engineers EEP Robotics Challenge. As a winner in the South East heat, they went head to head with teams from across the country at The Big Bang Fair last month.

The team of ten students built, programmed and controlled LEGO robots for a series of 'aviation missions'. Students also had to research, design and present their own solution to a contemporary engineering problem faced by STEM professionals in the aviation industry.

The Tomorrow's Engineers EEP Robotics Challenge introduces student teams to real-world engineering, technology and computing challenges.

The challenge aims to help students put their school learning into context and discover exciting new careers.

Teacher Jim Matthews said: "Taking part in the Robotics Challenge has been really exciting and we can't wait to get to the final. We've learnt a lot about the engineering in robotics and particularly enjoyed seeing all our hard work pay off."

For more information on the Tomorrow's Engineers EEP Robotics Challenge please visit: www.tomorrowsengineers.org.uk/robotics



Downlands looking for governors

By Di Hunt, Chair of Governors

Are you interested in the education of children in the local community? Have you ever thought of being involved in supporting one of our local schools?

The Governing Board of Downlands Community School in Hassocks is looking to recruit co-opted governors at the beginning of June this year. All governors are volunteers and no formal qualifications are required. However, as a co-opted governor you may be able to use your professional skills in the role. At present we are particularly looking to recruit those with building and financial expertise, but we would also be glad to hear from those who have other skills to offer.

To become a school governor you must be over 18 years of age. Those in employment are entitled to 'reasonable' time off work to carry out their governorship duties.

The governing board exercises its authority collectively rather than as individuals.

If you are interested in joining us, and would like further information regarding the roles and responsibilities of a school governor, please contact the Clerk to the Governors by emailing him at: mhill@downlands.org.

David Bangs countryside talk at Village Centre

The Woodland, Flora & Fauna Group, a volunteer organisation dedicated to protecting local countryside and wildlife, invites you to a talk by the countryside expert and author David Bangs.

It will take place on Thursday 4th April at 7.30pm in the Club Suite at Hurstpierpoint Village Centre. The talk, entitled 'The glorious countryside of the Sussex Middle Weald', will provide a fascinating insight into the richness of the land surrounding us from the Sussex Middle Weald to south east Surrey.

David is a strident campaigner for the protection of our countryside and wildlife and has written three books about their value, beauty and the threats facing them. Come and hear his immense knowledge and passion for the natural environment that surrounds us.

He is a very busy person, so the group is privileged that he has found time to speak locally. If you want to learn more about our local countryside and wildlife and his research into them, this opportunity should not be missed.

Entry is free and all are welcome.

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Wishing you a happy and blessed Easter time

Christians and churches across the village will join together on Good Friday at 10am for a Walk of Witness which will start at South Avenue, and conclude in Holy Trinity Church, pausing at the Village Garden on the way. You would be warmly welcome to join us for this, or for any of the services taking place across the village during Holy Week.

Holy Trinity Church

High Street, Hurstpierpoint
Contact: Revd Jane Willis - 01273 835109 -
hurstpierpointoffice@gmail.com
www.holytrinityhpp.org

15th, 16th & 17th April

7.30pm – Holy Communion during Holy Week

Wednesday – 17th April

12.15pm – Holy Communion

Maundy Thursday – 18th April

7.30pm – Sung Eucharist for Maundy Thursday

Good Friday – 19th April

12 noon - 'A Call to Love' – prayer stations, readings and music – come and go as you please
2pm - Last Hour at the Cross

Holy Saturday – 20th April

8pm – Easter Vigil

Easter Sunday – 21st April

8am - Easter Communion – a simple said service
9.45am – Easter Family Communion – an Easter celebration for all the family

Good News Church

Meeting at 149 High Street, Hurstpierpoint
Contact: David Lowries - david@goodnewshurst.co.uk
www.goodnewshurst.co.uk

Easter Sunday – 21st April

10.30am - Easter Sunday Family Service

The Point

Meeting at St Paul's Catholic College, Burgess Hill
Contact: Revd Will Kemp - info@thepointchurch.co.uk
www.thepointchurch.co.uk

Easter Sunday – 21st April

7am - Sunrise Service and stay for bacon rolls afterwards!
10.30am - All age service

Hurstpierpoint Methodist Church

Meeting at 42 Cuckfield Road, Hurstpierpoint unless otherwise stated
Contact: Deacon Brye Rop - 01444 235033

Palm Sunday – 14th April

10.30am - Palm Sunday Worship

Maundy Thursday – 18th April

7.30pm - Frugal Meal at Burgess Hill Methodist Church, 183 London Road

Easter Sunday – 21st April

10.30am - Easter Celebration





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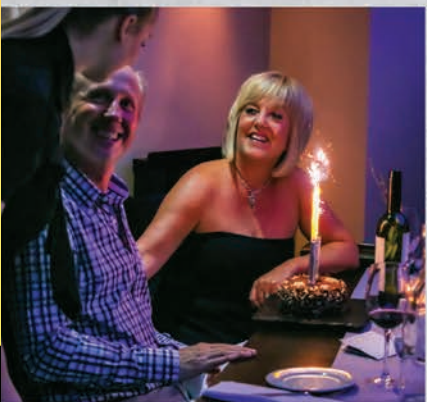
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Photo: Jacob Neiler

Hurst's closest windmill – still working!

By Roger Broadbent

To understand the significance of the restoration of Oldland Windmill it is important to remember how crucial bread was to the survival of the population of the region in 1703. Today we take the availability of bread for granted, but for thousands of years it was the staple food for much of the world's population and remained so in England until well into the 19th century. No wonder it was christened the staff of life.

It is thought that knowledge of windmills reached England in the 12th Century with the principles of 'wind engines' brought back by the Crusaders. There are ruins of windmills in Northern France which date from around that period supporting this notion. Before then it is likely that watermills were the principal method of grinding wheat to make flour.

The date of the earliest windmill on Lodge Hill is not known. However, the construction of Oldland Windmill was possibly due to the great storm in 1703 that destroyed so much of Brighton, and the surrounding area, together with many windmills and possibly one on Lodge Hill. A quotation from Daniel Defoe's graphic 'historical narrative' of the storm and its catastrophic effect on the population of England includes the following account:

'Above four hundred windmills were overset and broken into pieces, or the sails so blown round that the timbers and wheels have heated and set the rest on fire and so burnt them down'

With bread being so essential to survival for much of the population, it is not hard to imagine that the sudden



loss of flour production forced the urgent building of replacement windmills.

It is astonishing that the huge post of oak, calculated to weigh about 1.5 tonnes, on which the structure of the Oldland Mill building is balanced and revolves (which itself is estimated to weigh around 20 tonnes), was raised using simply block and tackle and timber spars.

Built 120 years earlier than Jill was established atop the downs, Oldland Mill in 170, must have been an important supplier of flour to the surrounding villages, including Hurst. There cannot have been many alternative sources.

Oldland Mill continued to grind flour until the early years of the 20th century. When the mill eventually



stopped producing flour in 1912 it was left to decay. It is something of a miracle that the timbers were not stripped away and the main cast iron wind shaft sold for scrap.

Fortunately in 1927 the mill was conveyed by the Turner family to the Sussex Archaeological Society which worked to prevent further decay. It mounted a display of agricultural implements in the Round House, the building that houses the main post.

In 1934 the idea of restoration was first mooted and a 'shilling fund' launched. Only £12 was raised and the attempt was abandoned.

The following year the Sussex Archaeological Society carried out urgent repairs to the structure, primarily to prevent the total collapse of the mill.

The artist Frank Brangwyn loved Oldland Windmill and the spectacular views it offers to the south along the Downs. In 1951 he attempted to raise funds to restore the mill but was unable to generate sufficient interest. Earlier, in 1928, he had painted a watercolour of the mill.

In 1976 the future looked bleak when the structure was found to be 'unsafe'. At this point the mill was close to becoming a ruin. An estimate to restore it was calculated to be £2,000 (£12,750 today). This dismaying news prompted The Hassocks Amenity Association (HAA) to explore the possibility of its restoration.

In 1980 The HAA began a substantial fundraising campaign. A major exhibition was held on Ditchling Village green, by Mrs Iris Annett of the HAA and my aunts, Joanna and Hilary Bourne, the founders of Ditchling Museum. They succeeded in raising a sum close to £1,700 (£6,600 today). An estimate of the cost of the restoration work was calculated, via an independent Engineers Report, to be £25,000 (£97,000 today). This sum would be conditional upon all the work required being carried out by volunteers.

From 1980 onwards, through to 2004, steady progress was made deconstructing the mill to a minimum state. All rotten timbers were removed and the structure rebuilt using matching types of wood and original jointing methods.

Through the initiative of Professor Fred Maillardet, Chairman of The Oldland Mill Trust, a Rural Enterprise Grant of £62,500 was awarded by DEFRA in 2004, enabling major work to be carried out. Substantial reinforcement of the main structure together with the creation of new sweeps and a new brake wheel was



achieved with the aid of this generous grant.

The Turner Dumbrell Foundation has also given more modest but regular grants, further encouraging the volunteers to accelerate the restoration process so that by 2007 the mill was largely restored.

In October 2008, for the first time in nearly a hundred years, flour was produced once again.

A truly remarkable team of volunteers has spent 40 years recovering and restoring the mill. The amount of flour now being ground equates to more than a tonne each year. Assuming there is sufficient wind, our current mill operating team can grind close to 127 Kg (2.5 cwt) of flour an hour.

With the distinctive logo designed by Professor Ewan Clayton, a 1 kg bag (2.2 lb) of Oldland Mill flour is on sale through local outlets - Ditchling Museum and South Downs Heritage Centre south of Stone Pound.

Please visit Oldland Windmill. It is a great experience. See details of upcoming open days below or visit www.oldlandwindmill.co.uk for more information.

Opening Date What's On Times

7th April Open Afternoon 2pm - 5pm

5th May Special 'Music & Morris' day 11am - 5pm

12th May National Mills Weekend 2pm - 5pm

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New Inn 'best for wine'

Residents who took over the New Inn when it came on the market three years ago are celebrating success after beating off competition from 2,700 pubs around the UK to be named best pub for wine in national awards run by Heineken-owned Star Pubs & Bars.

Keen to preserve their beloved local, Chris and Murray Booker gave up their jobs in teaching and finance to take over The New Inn in 2016.

The couple have put a focus on offering produce from Sussex farms and suppliers, and their exceptional range of English wines and use of local vineyards, such as Albourne Estate, helped them scoop the prestigious award.

The New Inn was judged on stringent criteria ranging from the taste, smell and temperature of its wine to the composition of its wine menu and staff knowledge and came out on top in all categories. As well as being singled out for its selection of English wines, the judges specially commended the pub for its hand-picked wine list and unusual wines, its vegan and gluten free varieties and its wine and food tasting evenings, including its popular Taste of Sussex nights.

The Bookers received their award at a glittering ceremony at The Belfry resort in Sutton Coldfield from comedian Ed Byrne. The prize was a double celebration for Chris and Murray who are also marking their 30th wedding anniversary this year.

Chris said: "We're delighted! When we took over The New Inn our only experience of pubs was as customers, so we've just tried to give people what we'd like to find. We've learnt a lot and loved every minute of it, but it has been hard work and it's fantastic to have this recognition. We couldn't have done it without our staff, the support of the village's residents and the help of local suppliers."

Comments Lawson Mountstevens, Star Pubs & Bars managing director: "This is a remarkable achievement

for newcomers to the pub trade and well deserved. The New Inn is a treat for anyone who enjoys a great traditional village pub, superb wine and excellent food. And Chris and Murray don't just care for their wine, they pull a good pint too."

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Sayers Common Open Garden

A garden in Sayers Common is opening its doors in aid of St Peter & James Hospice at the end of the month. The Old Coach House will welcome visitors for the third time in ten years on 27th & 28th April.



Owner Claudine Lower is well prepared and looking forward to welcoming as many visitors as possible. "Lots of friends have all been very generous, so there will be plenty of cakes, refreshments and raffle prizes on offer."

Claudine remembers the Donkey Derbies which took place in the 50s and which started the fundraising for what was to become St Peter & St James Hospice and is keen to support the cause.

Those who have been before will notice an addition this year; a display of bluebells and a short walk has been fashioned in the grounds. Gates open at 11am.

One day, they might need the same care their Nanny did.



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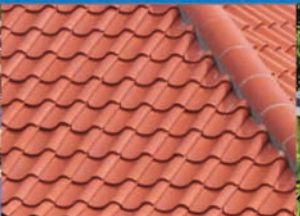
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Hurst runners in Brighton Marathon

The 14th April sees the Brighton Marathon and Mike Thatcher met three runners from Hurst who are running for reasons close to their hearts.

Jane Sykes teaches at Danehill School and this is her first Marathon.

Nearly four years ago Jane had an operation for breast cancer in Brighton, followed by radiotherapy. She was fortunate. "It was early stage, I was lucky. Both my mother and mother-in-law have had mastectomies, so it's a cause that is close to my heart and I'm keen to give something back."



As a result she re-evaluated, as many do, and thought she could probably do with getting fitter, so she took up running, never having done it before. "The only reason I did it was that it was free. All I needed was a pair of trainers and I could do it in my own time and fit it around work. If you'd told me three years ago that I'd be running a marathon I would have laughed out loud. It would have been absolutely inconceivable."

Starting with the Couch to 5K App, she built up her training and a few months in she did a breast cancer Race for Life. She barely got round. Now she's done the Brighton half marathon three times, including last month. "It practically killed me because I wanted to beat my time. I always start too fast."

She knew she wanted to do a marathon at some stage in her life and to make it count. She joined Burgess Hill Runners in order to take it seriously last autumn and only broke the news to close friends that the marathon was a target in the New Year. "Once people started to give me money there was no backing out. The waiting is terrible. I just want to get on and do it."

However it goes on the day she is determined about two things; that she will do it in under five hours and that she won't do another one. "All I want is to be able to say I raised a good amount for Cancer Research. I will probably cry tears of joy and relief at the end."

www.justgiving.com/fundraising/janesykes2019

Bart Bailey works from home and wasn't sure exactly how many marathons he had done.

Bart lost his father to dementia, or more specifically Pick's disease, just over three years ago. "The last 18 months he was in a home because it wouldn't have been possible for my mum to look after him, even though she had been a nurse all her life. The



Admiral nurses would always be there to offer advice and tell you who to turn to. I felt like giving a bit back as they are entirely funded by things like this."

Bart was captivated by seeing the London marathon on TV as a kid so it was always something he wanted to do and his dad encouraged him. When he started to do marathons in his 20s his dad used to go out on a bike with him, which was a great morale booster.

Bart was meant to run the Brighton Marathon last year but got a chest infection from his daughter and had to pull out at the last minute. It's been over ten years since he last ran a marathon, and he thinks he has done six in total. "I know what it takes, which is a good thing and a bad thing, although recovery is the problem now. Importantly I'm mentally older, wiser and tougher."

More than Jane, I got the impression that Bart really enjoys running. At the finish line of his first marathon he knew he had caught the bug. "The first one was so difficult but I knew I would do it again because I loved it. I enjoy running; it's so nice just to put on some shoes and disappear. It's impossible to run stressed, it really clears your mind."

He would love to run under 3.5 hours, which would be a personal best, although he acknowledges that it will be a lot more emotional this time because of the personal involvement. One thing he will be doing for sure is avoiding his daughter if she starts coughing in the upcoming weeks.

www.justgiving.com/fundraising/bart-bailey1

Firefighter Dan Floate is attempting the Brighton AND London Marathons in 14 days.

Two days before Dan's stepdaughter was born the midwife identified that there was an issue with her heart and her mother Emma was sent to hospital. Unfortunately they couldn't identify what that issue was. By chance the hospital they were in was new and there



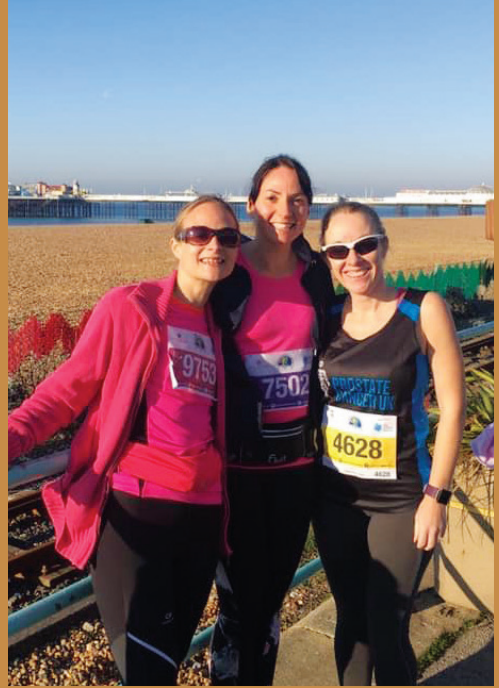
was a visiting paediatric heart specialist from Great Ormond Street. He diagnosed a rare heart condition he believed was responsible for late stage stillbirth. It was unbelievable luck that he was at the hospital at that time, and his diagnosis resulted in Grace being born well. To mark her 16th birthday Dan is running the two marathons in two weeks to raise money for the hospital.

Having done four Brighton marathons he knows he can do it and is down to 3.5 hours. "This time I want to try and do a good time for Brighton. London is more about finishing. I don't know how my body is going to hold up doing two so close together. London will just be about soaking up the atmosphere and finishing, it's one I've never done."

A former semi-professional footballer and now firefighter, he has a certain level of fitness and took up marathon running to take his mind off things during a low point in his life. But two back-to-back marathons is a step into the unknown. "London is three times the size so I'm not sure what to expect and I hear it bottlenecks, so I will be happy with under four hours. A lot of people are relying on me and I've raised a good amount of money so far but could always do with more."

A friend of his just lost their son and were in Great Ormond Street for a long time, so it's quite fitting that he's doing both for the Hospital. Massages have been booked for between the races to aid recovery and, like Jane, he thinks this may be it for running. But not for exercise as he plans to take up cycling instead.

www.justgiving.com/fundraising/doublemarathonforgosh



Mums take on challenge together

Michaela Oakley, along with friends Sarah Shephard and Cathy Ferrer, is running the Brighton Marathon for the first time this year. They have been training together running local routes around Hurst and Hassocks and have all recently completed the Brighton Half. This will be the first marathon for all three of them.

They are all running for charitable causes close to their hearts. Michaela is running for Cancer Research after losing her mother to this, and Cathy is running for Prostate Cancer after losing her dad to this. Sarah is running for a smaller charity, Project Eileen, an initiative being set up to help secondary school students cope with grief. Sarah is a secondary school teacher.

"We were friends before our training started as we all have children in the same class at St Lawrence," said Michaela. "However, training for the Brighton Marathon together has made us extremely close friends. A lot gets talked about when you're running for over three and a half hours together!"

www.justgiving.com/fundraising/michaela-oakley2

www.justgiving.com/fundraising/catherineferrer2019

www.goldengiving.com/fundraising/sarahshephardmarathon

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College students make Big Bang

Hurst College students returned from the Big Bang Fair with a first place in the individual senior engineering category and a special team award.

After two full days of judging at the Big Bang Fair, held at the NEC, Birmingham, Upper Sixth student Zac Hayward won first place in the senior engineering category of the National Science and Engineering competition. He designed and built a turbidity meter that has multiple industrial uses. This project was in response to a feasibility study from Denis Rawlins Ltd, who wanted to find out if it was possible to build an industrial floor cleaning device that recycled water. Last summer Zac received a Gold CREST award for his work and won the South East region Young Engineer of the Year. He spent the months since then modifying his construction and testing it under operating conditions. Zac impressed the judges so much, including luminaries from GSK and other industrial giants, that he was offered a degree apprenticeship with Collins Aerospace on the spot!

Meanwhile Katy Jones, Lauren Schlup, James Hickmott, Dom Lawrence and Annabelle Ellin also won a special award, the Young Water Dragons Award, for the best water-themed project. The team were sponsored by Southern Water to design more efficient wastewater screens for use in their sewage treatment plants. They



also received Gold CREST awards and won awards last summer in the regional heats. They proceeded to build a working model of their design and impressed the judges with their teamwork and innovative approach to solving a very difficult problem which has a potential nationwide impact.

"I would like to congratulate these innovative students on what are outstanding achievements and the culmination of almost two years' worth of hard work," said Amanda Jayne, Mistress-in-charge of STEM at Hurst College.



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Hurst *Life*

John Kearns

VILLAGE PEOPLE

"Four seasons at the Chichester Theatre followed, working alongside the likes of Lauren Bacall, Sarah Brightman and Alexandra Bastedo..."



Mike Thatcher talks to former actor and Players Theatre stalwart.

My first big surprise of the morning was to learn that John Kearns owns a full drum kit and has even appeared on a recording or two. "I heard a record once, Roll Over Beethoven by Pat Wayne and the Beachcombers, and I thought 'that drumming sounds familiar'. I contacted EMI and they confirmed they had used my drumming track. A royalty cheque for 10/9d duly arrived and I had it framed. Until some blighter stole it." This was a mere raising of my eyebrow compared to the second surprise from the former professional actor, who now lives in retirement on Western Rd with his wife Jo.

"I was in a musical once and absolutely loved it. Toured in Europe for six months to Austria, Hungary and Czechoslovakia. Would have done it forever, if I could. It was called the Rocky Horror Picture Show." The twinkle in his eye suggested that there was a story or two to tell but that whilst he may share them over a whiskey at the Players Theatre bar, they would not be going into the notebook of the man from Hurst Life.

John grew up in Bletchley after his father was transferred there in unusual circumstances. Invalided out after Dunkirk, he worked on the railways between Waterloo and Embankment checking the tunnels after the Blitz and making repairs. Called into the office one day he was asked if he was good with figures and if he wanted to leave London. Having answered yes to both he got transferred to Bletchley. "He never told me what he did until I was 15; up until then I thought he was working for the NAAFI as a porter. I only learned the extent of his involvement at Bletchley much later."

Determined to join the Navy as navigating officer it was only when John started to take their exams that he realised his eyesight would let him down, and so went to work in a bank where he remained for six years. This came to an abrupt end. "I told a customer not only precisely what he should do but also how he should do it, and this was in front of customers. The manager was sympathetic but I was off." He looked up shipping companies in the Yellow Pages and went to sea. His first stint on a P&O passenger boat in 1969 was not the most enjoyable, so he left and joined cargo boats for the next five years, which took him all over the world. As a long-term plan, however, it had no future as money was spent as quickly as it was earned.

He stayed in shipping on the accountancy side for a company importing grain until 1982 when for the only time in his life he was headhunted. Interviewed in the morning he started work in the afternoon on what turned out to be 'the best job I ever had; by a mile'. Two months earlier the Tog Mor was the boat used to raise the Tudor ship the Mary Rose, and it needed an accountant to get its business working properly. "I dealt with the Mary Rose a lot as all the loose ends needed tidying up. When Tog Mor was sent out to West Africa, I would work for a couple of months in London then fly out there for six weeks to get all the paperwork together for the invoice. Then fly back to London to put the invoice together and then fly off to Houston to get it checked. I did that for five years, and it was the most interesting job I ever had as every day so was different."

With Jo's professional life flourishing she encouraged him to take the plunge and apply for his Equity card, which he did, serving most of his probationary membership in 'a truly awful' play in Westcliffe-on-Sea. His first job was understudying the established star Warren Mitchell. "I went on for him a few times. It's an invaluable part of the production, an understudy, but you do have to get used to sitting around doing nothing all night. But then again, you got paid for it." Did he sense the audience's reaction when the announcements were made that the star would not be performing? "Of course, you can hear it, it's palpable. And you can't blame them; they've come to see Warren Mitchell. I just went out there and did my best. Warren came round the next day, gave me a bottle of whiskey and said, 'you won't go on again, boy'."

Four seasons at the Chichester Theatre followed, working alongside the likes of Lauren Bacall, Sarah Brightman and Alexandra Bastedo, and like so many actors he did temping jobs in between roles. "It's a strange life and you have to get used to rejection, unless you are one of the privileged ones who become a star, like Warren Mitchell. You'll only last if you're talented but quite often your first break comes out of sheer luck."

His very last brush with professional acting could have been his biggest break. A huge fan of Joseph and his Technicolour Dreamcoat, it was a show he estimates he has seen 75 times. The dual role of the Joseph's father and Potiphar came up, and he had a conversation with his agent which may ring a bell with fellow actors:

"I'd like you to put me up for that part."

"You don't want to do that."

"I certainly do."

"You won't get it."

After multiple call-backs, with Bill Kenwright and others, he made it from a long-list of 24 down to the last two but it went to the other man. "I'd done really well in auditions and it would have been a year's contract on good money with two parts I knew backwards. I would have loved to have done it. After that I came back to Jo and we agreed that this career had run its course. Started looking for a job the next day."

A few jobs in Portslade, including four years working for a building snagging company, saw him up to retirement and rounded off 50 years of working. He didn't even hint at any regrets through his life and never more so than the decision, 23 years ago, to move to Hurstpierpoint. "Best thing we ever did was to move down here. We love it, I think it's a smashing area. I was getting tired of London and I haven't been there for ten years, even though I love the theatre. I miss the theatre side of it, but there is Chichester and Brighton."

Jo's father, who was living in Worthing, became infirm, so they looked in the area and knew of Hurst as Jo had friends in the village. A property came up on Western Road and they have never looked back. Inevitably they have seen changes in the village. "I remember when there were no more than five cars parked in this street overnight. Hurst is not really a village anymore but still retains its village atmosphere, which is important. I do like the people here. It's a good place with its heart in the right place."

Overall John considers himself very privileged to have led a full life and never had a job he hated. He has had a long association with the Players Theatre on the High Street and his son Neil is now an enthusiastic acting member there. And with another phrase familiar to so many in the acting world he concluded: "I became a professional actor and was spectacularly unsuccessful. But, I did enough to get it out of my system."

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Love is in the air!

HOGGIE HELP

By Ann Winney

This is the time of year when hogs emerge from their long snooze, have a few good meals and now have one thing on their minds. Making more baby hedgehogs.

This can be a noisy affair and huffing noises can often be heard throughout many gardens. Hedgehogs usually have four to five babies, which are called hoglets, and they will stay in the nest with mum for around four weeks.

They are then taken out on supervised foraging trips for a couple of weeks before they go off on their own. It's the one time you may see an adult hog out in the day. If they look like they are on a mission, maybe with bedding in their mouths, it could well be a mum taking care of her babies. This can be a dangerous time for hoglets. Nests can get disturbed with garden maintenance. If this happens do not touch them, keep an eye to see if mum returns. If in any doubt call a rescue. Hoglets can also wander out of the nest and get lost. I rescued one last year. She was 74g, approximately two weeks old, found on a path out in the day and looking very wobbly.

With the help of a friend, Carole Bean from Honeycroft Hog Rescue, and lots of TLC she survived and went back to her Hurst home. If you want to know more please contact Ann Winney (ann@hursthedgehoghaven.com) or call 07787 515296.



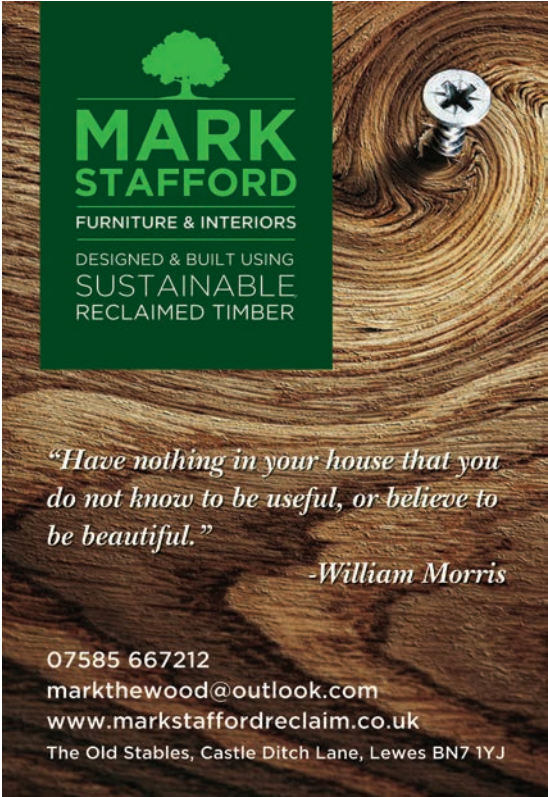
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By David Saitch

We thought we would be putting our feet up for longer than usual this year, with the next phase of the refurbishment of the theatre due to start in April, which meant our spring programme was truncated to March only. But there has been a delay in the start of the renovations, and so April and May are open for us to screen films again, as well as the next NT Live productions, **All About Eve on 11th April** and **All My Sons on 14th May**.

We have a real treat on **Friday 26th April at 8pm**; the terrific, criminally overlooked film, **Blindspotting (15)**. While there has been plenty of focus on Spike Lee's evocation of racism in the 70s, in BlackKkKlansman, this refreshingly original film, which covers many of the same themes even more deftly, has flown under the radar.

Collin is just trying to make it through his final three days of probation following a misdemeanour, but then one night he witnesses a white policeman kill an unarmed black man. He is out after his curfew, so if he reports it. He will be sent back to prison. You might expect this to then become a dark, intense and polemical look at this moral dilemma, but this film completely wrong foots you. Scenes swerve from hilarity to high tension and Blindspotting also weaves poetry into its characters' everyday lives with striking results - fans of the brilliant stage musical Hamilton will find much to admire here. Daveed Diggs plays the role of everyman caught in circumstances spiralling out of his control with dignity, humour and vulnerability. The film is hilarious and meaningful, with superb performances and an honest beating heart at the core. An absolute must see.

Then on **Sunday 28th April at 3pm** we have the typically daft British comedy **Swimming with Men (12A)**. Rob Brydon plays Eric, an accountant whose life is in a rut. His job is a drag, his wife may be cheating on him and he's not getting any younger. But he discovers a newfound sense of purpose thanks to a group of similarly stuck-in-a-rut guys who have found camaraderie and self-worth through synchronized swimming.

Sure, they may be a bit paunchy, but they're determined to be a whirling, twirling, scissor-kicking aquatic dream team. And they've set their sights on the ultimate prize: the world championship. Swimming with Men is a big-hearted, delightfully offbeat comedy.

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It's time to plant bulbs 'in the green'

Chelsea Gold medallist, Juliet Sargeant has her garden design office in Hurstpierpoint High Street and runs garden courses at her popular garden school.

By Juliet Sargeant

It always saddens me a little to see the last of the snowdrop bells fade, but there isn't time to dwell too long before other bright bulbs eclipse them. Now we are rushed into the spring-time garden schedule, but one last glimpse back to my snowdrop patch reminds me that I have not divided them for years.

Between March and April is the ideal time to divide snowdrops to prevent them becoming congested and to increase your display. They prefer to be planted when they are 'in the green'; that is in leaf, either before, during or shortly after flowering. In this respect they are akin to aconites and bluebells.

So, at this time of year, you can order these bulbs and they arrive usually wrapped in moist paper ready for planting as soon as possible. They are very delicate in this state, so it is best to prepare the soil in advance and pop them in quickly, at the depth from which they have come. Leave enough space between them to allow for the clumps to spread and self-seeding to occur.

These early spring bulbs are adapted to flower before the tree canopy has grown over them to shut out the



sunlight, so they fare very well under deciduous trees and shrubs and are great at brightening a shady corner. A mix of yellow aconites and snowdrops under the bright red or orange stems of cornus works very well.

Bluebells naturally grow under beech trees and can often be seen with ferns in the wild. So, why not try planting them with *Dryopteris felix mas* or *polystichum setiferum*. It is best to set aside a generous area for bluebells because the leaves do take time to die down and, if they are happy, they can run amok in a flower bed. Only buy English bluebells, harvested from a licenced source and not stolen from the wild. These delicate native flowers are now under threat, particularly from their rather thuggish cousin, the Spanish Bluebell.

So, along with snowdrops and aconites, bluebells would certainly welcome a sheltered haven in a corner of your garden and, with a little attention at this time of year, they will reward you for indefinite years to come.



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 - Crushed digestive biscuits
- Need a flexible ice tray (such as a silicon variety)



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Belle Amatt is a Hurst resident and nutrition consultant, author and lecturer in Naturopathic Nutrition. She holds workshops and talks on a variety of healthy eating topics.



Easter, essentially a celebration of resurrection and eternal life, has also become a festival in which we have more space and time to spend with family. The giving of chocolate has also become a part of this celebration. With this recipe, which admittedly I can take no credit for as my daughter made this box of chocolates entirely by herself, a very plain and standard bar of chocolate is given new life! This would make a thoughtful gift for a family visit over the Easter break. Enjoy.

Method

Fill pan one third full with water, place a large bowl on top so the bottom of the bowl is submerged in the water. Turn on hob, place on a medium heat.

Take one bar of plain cooking chocolate of your preference (dark or milk works best) and place in the bowl. When the chocolate has melted, pour or spoon into an ice cube tray so that each cavity is half full. Add your chosen filling. For the orange extract this would be one drop per cavity. For the cranberries 1-2 per cavity. For the nuts, half a teaspoon and for the peanut butter spoon in half a teaspoon and swirl with a toothpick. You will need to gage this by the size of your ice cube tray cavities. Be creative! Combine flavours and experiment (what could possibly go wrong? It's chocolate!)

Once done, pop the tray into the fridge until the mixture has set. Make sure they are completely set otherwise they won't come out! Push them from the bottom and they should release easily, if not then run around the edges of the chocolate with a knife before prising out and placing into a lovely box. A great handmade gift and perfect for a home-made Easter hunt!



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Successful Golf Day

After a long absence, the annual Cricket Club Golf Day returned last month with 25 members and guests meeting at Hassocks Golf Club.

The grey weather could not dampen the spirits of those taking part and the thought of egg and chips at lunch sustained many through some questionable golf and in one notable case, questionable attire.

Prizes were on offer for various longest drives and closest to the pin, kindly donated by coach Adam Lloyd, who proved he wasn't embarrassed to walk off with a number of awards himself.

Confusion reigned in the afternoon as most teams played the standard Texas Scramble format except for Matt Parsons, who had organised the day, who was playing a different game altogether. No one held any grudges and a good day was had by all, and it is hoped that in the future once again it will become the curtain raiser in the cricket club calendar.

Winners in the individual event were:

1st Adam Lloyd, 2nd Matt Parsons (pictured with Adam)
3rd Dave Parsons

Longest drive: Adam Lloyd and Luke Rand

Nearest the pin: Dave Parsons and Dan Wilson

Team winners: Adam Lloyd's team

Last place: Josh Dolan



Bedlam create Vienna Lager special

Hurst brewers, Bedlam Brewery, have dropped a new keg special at Craft Beer Rising and they don't expect this one to hang around!

What's all the brouhaha? Bedlam promises that this one tantalises the senses by exploring the taste buds, and in the glass it really is a sight to make your mouth water - Brou HaHa 4.4% is Bedlam's first Vienna Lager.

Vienna Lager style originated in Austria, and Brou HaHa has a rich, German malt aroma which then delivers a soft, elegant malt flavour with a smooth, crisp finish. Bedlam has used Vienna, Pilsner, Munich, Crystal and Cara Pils malts with the Hersbrucker hop. The bright clarity in glass is then topped off with Vienna Lager's trademark large, off-white and persistent head. It looks fantastic in Bedlam's chalice glassware!

In terms of food pairing, Brou HaHa works with any grilled meat, thick battered fish and chips or spicy crab cakes. The sweet flavours that develop when you grill vegetables also work extraordinarily well with the soft malt.

This new special is available now from Bedlam.



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New powers to help tackle Anti-Social Behaviour

Mid Sussex District Council has adopted new powers to help combat anti-social behaviour issues in the District.

The Anti-Social Behaviour, Crime and Policing Act 2014 gives local authorities the right to issue Public Space Protection Orders (PSPO) and Community Protection Notices. The powers provide additional tools to challenge persistent and unreasonable behaviour that is having a detrimental impact on the community.

The powers are designed to tackle low-level anti-social behaviour which, while it may not be criminal, still causes significant concern for residents, businesses and visitors to Mid Sussex. They will be agreed and enforced jointly by the Council, Sussex Police and other relevant agencies.

Councillor Norman Webster, Cabinet Member for Community said: "Community Protection Notices have been introduced successfully in other parts of the country and are a useful tool because they provide an opportunity to modify behaviour before it escalates into criminality. The warning stage allows for signposting to professional support and encourages a positive change in behaviour.

"The Anti-Social Behaviour, Crime and Policing Act powers are in addition to all existing legislation and will provide greater flexibility in addressing persistent Anti-Social Behaviour. These powers obviously won't

be able to resolve all crime and anti-social behaviour in Mid Sussex but they will help the Council to work with partner organisations in tackling the most persistent, unreasonable and impactful anti-social behaviour."

A Public Space Protection Order (PSPO) is an enforceable by-law that can be used to restrict certain anti-social behaviours within a specific area. PSPO powers could be used in Mid Sussex to tackle car cruising and anti-social vehicle use or anti-social and nuisance behaviour by children and young people, which has been increasing across the District.

The specific terms of each order are agreed with the local community via public consultation before they are introduced. Once PSPO restrictions are in place, any breach of the Order is immediately criminal in nature and could lead to a fine via a Fixed Penalty Notice, confiscation of relevant items or a prosecution with custodial sentence.

Community Protection Notices (CPNs) are designed to have a broad use and focus on how victims and communities are affected by Anti-Social behaviour. A notice can be served on any individual or organisation that is persistently having a detrimental effect on the quality of life of people nearby.

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ARTIST OF THE MONTH

In this feature, Hurst Life features an artist who is usually from the village. In this case Mark Stafford is well known here via his mother and having exhibited at Open Studios for years.

By Mark Stafford

When I started out making a few things in my garage from leftover timber I never thought I would end up running my own business creating furniture from reclaimed timber.

Recycling has always been close to my heart and it seems like madness not to use up materials left over or discarded from other industries. Most of the wood I use has come from the demolition of old buildings or the construction of new ones. Using reclaimed materials has been a way of life for me, they have a character and depth you just can't get from new. Now more than ever we need to see the beauty in these materials and realise they are a connection to the past and part of our future.

Most of my work is designed in partnership with my customers to fit a particular space or need. I have been exhibiting at Hillbrow Bungalow as part of the artist open houses with Sylvia Thornhill (my mum!) for around ten years and it has been a privilege to be part of a brilliant band of volunteers running a pop up cafe which has raised thousands of pounds for the Independent Lives charity that my mum has been involved with for over 20 years.

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COMPLEMENTARY HEALTH

The pain of gardening

By Nicky Newson BSc Hons Ost, Sussex Osteopath and Complementary Health Clinic

With the worst of the wintery weather now hopefully gone, the daffodils are blooming and the nights are drawing out. Keen gardeners will be desperate to get in the garden at any sign of a dry day. At this time of year we see an influx of back pain and lower limb pain from gardening related injury. Gardening can be hard work and repetitive by nature. Trying to undertake all that needs doing, when you're out of the habit, can very easily lead to injury. With this in mind we offer guidance on how to care for your back and joints when gardening.

- Gardening is a physical activity and, like any other exercise, requires your muscles to be warmed up before you start and stretched afterwards. A hot bath afterward can help prevent muscle stiffness the following day.
- Try to pace yourself, for example those who view a dry and sunny weekend as a chance to 'blitz' the garden can often end up with an injury. It is safer to chip away at the jobs for one hour a few times a week, if possible, than to think your body will cope with two full days of digging, weeding and heavy lifting. If you have limited time, try to vary your activity in the garden, avoiding long stints of digging or bending. Allow your muscles time to rest by limiting each activity to half an hour before having a break or moving to a different task.
- Incorrect lifting is the biggest cause of back injuries in the garden - always lift with bent knees and keep your back straight or only very slightly bent, do not stoop. Use a lifting aid or ask a friend for help moving heavy pots. For other loads, make two to three trips with small amounts rather than risk a back injury that may have you out of action for weeks by lifting too much at once.
- If you start feeling pain in your back while gardening, stop, the roses can wait! Pain is your back's way of saying it is tired and therefore vulnerable to injury.
- Should post-gardening pain not settle in three to four days, seek advice from an osteopath or your GP.
- Osteopathy can help. We can ensure that your back is as mobile as it can be; your muscles loose and your joints as able as possible to take on the physical activity involved in gardening. This applies to before you undertake the work involved, during and after. It can be hard graft in the garden, and we want to make sure that you're fit and able to take on the task head on!



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The 2019 event

ST LAWRENCE FAIR

Hello from your Fair committee. We are now in full planning mode and want to keep you up to date.

Firstly and most importantly, the theme for 2019. This year we asked you to vote for your favourite from the list we came up with at the AGM and the theme is **MUSICALS!**

Time to get your thinking caps on for floats and shop windows. If you would like to enter a float, please contact us on the email address below.

Thank you to everyone who took the time to vote. The winner of the Morleys voucher is Adie Rowe – contact us on the email address below to collect.

Talking of the procession, we desperately need someone (or a couple of people) to take over the running of the procession on Fair Day. Admin can be taken care of by other committee members and we already have a great set-up that you could just take over. There's not a lot of work to do right now and you wouldn't necessarily need to come to all of the committee meetings but we do need that one person who can organise the floats (with our help) and manage the logistics/road closures with the Round Table who help us every year. If you think you could do this we would really love to hear from you on the email address below. We are very thin on the ground this year for committee members due to people stepping down and others who are unavoidably not around this year on the Fair weekend, so if we don't get a volunteer/volunteers then the procession could be cancelled which nobody wants.

We would like to share our thoughts around the use of plastic at the Fair. We know that we need to be reducing the amount of plastic waste that we produce. However, it can be tricky due to the scale of the weekend, and to separate our waste would rely heavily on people being responsible and using different bins etc. However, the Biffa bins that we use are sorted once they reach to depot so that anything that can be recycled is. Back to reducing plastic usage; this year we will only be supplying pint and half pint plastic cups, we will not be supplying wine and prosecco cups. If you would like to bring along your own reusable wine and prosecco picnic cups that would be fantastic. In addition we will be trialling some branded reusable cups (hopefully) on a limited scale to see how that works. We are committed to trying to reduce our plastic footprint and hope that you can see that these little steps should help. If you have any ideas please let us know.

You can contact us for any of the above items or any other enquiry at: stlawrencefair@gmail.com.

PCC Katie to talk at Clair Hall

Mid Sussex Older People's Council (MSOPC) is delighted to have Katie Bourne, Police and Crime Commissioner, speaking at its annual conference and public address at Clair Hall in Haywards Heath on Thursday 25th April.

A free event for the over 60s, there will be news from Katie Bourne and a chance to ask her questions, as well as news from MSOPC, followed by musical entertainment and lunch.

There will also be a raffle. The top prize is a free boiler service worth around £90.

Tea, coffee and biscuits on arrival at 10am for a 10.30am start. The event will close at 2pm. Please book your place by Thursday 18th April on 01444 242760 or email: Nicola6@msopc.org.uk.



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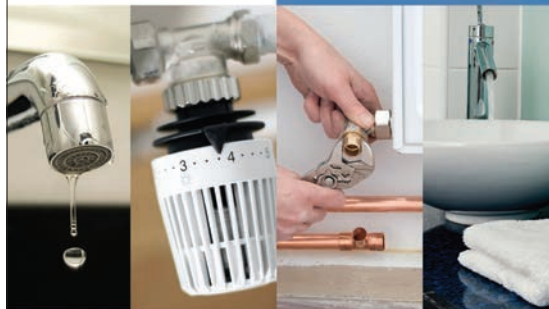
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Hurstpierpoint Singers (1950 – 2019)

By Pam Graham

It is with a sense of sadness that we report the demise of this once thriving village choral society. Founded in 1950 by a small group of like-minded friends, by the mid 1960s it had a membership of 36, employing a paid conductor and accompanist. Rehearsals took place in the Parish Room. The Singers were a contributory choir of the Lewes Music Festival, coming together with others each year to sing a major choral work under the baton of nationally known Guest Conductors.

Financial considerations led to the choir becoming part of the local Adult Education Programme, with termly fees going to the District Council and rehearsals relocating to St Lawrence School. However, continuing growth in numbers allowed the choir to become independent and self-sufficient again and acquire charitable status with the objective of 'educating the public in the art and science of music'.

Rehearsals then moved to the Music School at Hurst College and in the mid 1980s/ 90s membership reached its peak at just under 80. Thereafter numbers began to decline, in spite of becoming part of the West Sussex Festival Chorus, several recruitment drives and a move

to a more central rehearsal venue at Hurst Methodist Church. From 52 in 2004 the membership has dropped to just over 20 – an unsustainable critical mass for the type of music performed, resulting in the decision to disband.

Over the years the choir has sung from a wide repertoire; from Jingle Bells to Handel's Messiah; from Hurd's Hip Hip Horatio to Haydn's Creation; from Bach's Peasant Cantata to Britten's Ceremony of Carols; from opera choruses to Janacek's Otcenas; from Stanford's Bluebird to Coleridge Taylor's Hiawatha. The choir has performed in village halls and the Royal Albert Hall, in local churches and in Arundel Cathedral and abroad. In general, concerts have been well received, and in this respect the Singers would like to record their thanks to the loyal audiences for their support over the years.

It is hoped to hold a wake later this year, when the weather improves, when former Singers can reunite in a party atmosphere to celebrate the 69 years of Hurstpierpoint Singers' music making.

For any queries regarding a future gathering of the Singers, contact David Redd, Secretary, on 01273 831801.

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A healing holiday

We all need a break from the daily stresses and strains of modern living but often our holidays leave us feeling like we need another holiday! We may take a few books hoping to lounge by the pool submerged in the novel's gripping plot but our thoughts linger over work, a recent difficult phase of our life or we lie agitated, unable to switch off from our racing thoughts. We may overindulge in sleep, alcohol and food. Or, at the other end of the spectrum, our holiday might be a frantic, fast-paced and itinerary based event with a multitude of activities crammed in which leaves us flagging and desperate for a real rest.

Is this resonating? If so, perhaps you are in need of a healing holiday. Belle, our Hurst based nutritionist, takes a group out to a retreat in Gozo, an island off Malta, every year in June. "My aim with these trips," says Belle, "is to offer people the opportunity to take a restorative break in which they can focus on their own physical and mental well-being away from all the usual temptations. Going as a group enables people who may not have a friend with the same health motivations to travel to Gozo and take part in this magical retreat experience without feeling alone. The group mentality of this holiday is a key aspect to the success of this trip."

Belle visited this retreat in Gozo back in 2015 when it was being refurbished from a traditional holiday apartment block into a juice retreat with a yoga studio overlooking the rustic Gozo landscape and spa facilities.



Immediately she saw the potential for a healing holiday location in which she hoped to share this potentially life-changing experience with people in need of either complete relaxation or a moment to pause and consider changing their lifestyle in order to lead a healthier life.

"Looking after our mental well-being is vital in our 21st century fast-paced lives," says Belle. "In the same way as we're encouraged on a flight to prioritise our own oxygen mask before helping others, it is so important to consider our own health status, particularly if we are responsible for caring for other people."



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Kids go free at Spring Live! 2019

Keen for the kids or grandkids to discover the delights of country living this spring? A visit to the Spring Live! show in Ardingly will give the whole family all the inspiration they need and, even better, children under 16 go free*!

This year's Spring Live! - organised by the South of England Agricultural Society - will be held over the May Day Bank Holiday weekend (5th/6th May) and promises a jam-packed programme of interactive activities to keep everyone entertained.

Whilst the family can still enjoy the traditional elements of a country show with maypole dancing, the mini-sheep show and animal barn, this year's event will see an exciting twist on the activities. Traditional wood spindling becomes a magical wand making workshop, knights and princesses can be wowed by medieval games and try their hand at axe throwing, animal lovers can get up close to creepy crawlies and reptiles, and wannabe drivers can test their skills on the exhilarating Segway or mini monster truck courses.

It's not all for the kids though. Parents and grandparents alike can explore the shopping area, get a few tips at the Garden Theatre, savour the



delights of the artisan food hall or simply soak up the atmosphere at the live music stage featuring an array of fantastic local talented performers.

Even better, because the South of England Showground is blessed with so many barns and indoor event spaces, there's no need to worry about wet weather - most attractions can go ahead or be moved undercover, allowing guests to enjoy Spring Live! come rain or shine.

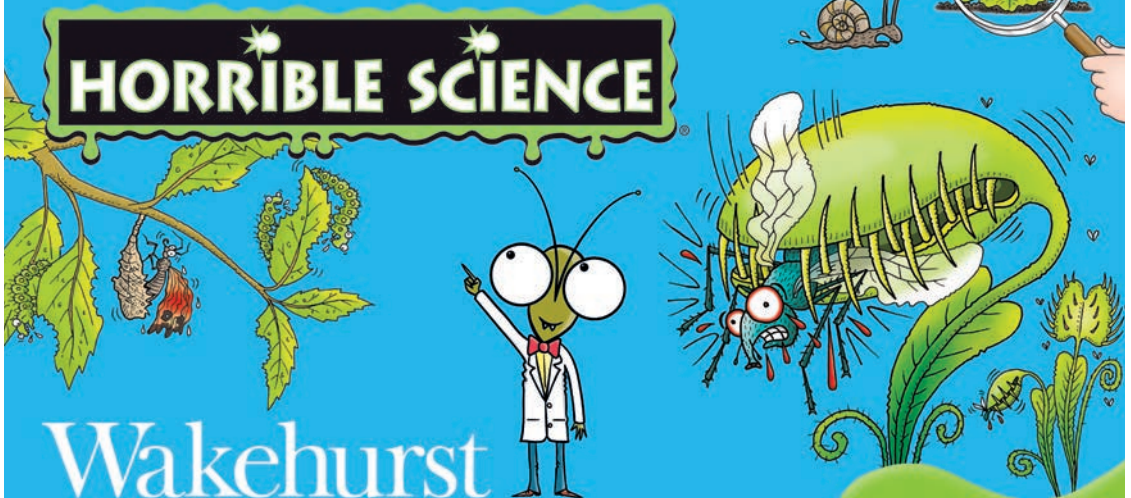
A bumper number of visitors is expected at the show, and all profits will be used to help fund the Society's charitable projects that support agricultural education and countryside learning.

Tickets for Spring Live! 2019 are available from www.seas.org.uk and can be bought online in advance for a 10% discount. Tickets cost £12 for adults, £10 for senior citizens/students and under 16s go free with a paying adult*.

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Royal Botanic Gardens
Kew

Memories of Hurstpierpoint, late 50s early 60s

HURST HISTORY

By Mike Woolridge

One evening in 1959 there was a low-flying Tiger Moth over our house in Mossy Mile, which seemed to drop down behind the trees lining Bullfinch Lane. So I got on my bike and, when I got to the field just north of Wanbarrow Farm, there it was, taxiing back to the edge of the field. I remember that the wings were sticky and yellow from crop-spraying pesticide, which seemed to be everywhere. But it was very exciting to be up close to a real Tiger Moth, especially as I had just applied for an RAF flying scholarship in the school CCF (Combined Cadet Force).



My other memory of local crop spraying was actually seeing it done in the field to the west of Washbrooks Farm. The aircraft lined up on a distant marker at the far side of the field, passed over the field, spraying as it went, then did a steep climbing turn, and lined up again pointing at a marker, which had just moved along the far side of the field. So what, you might ask? Well the markers were humans wearing oilskins!

Thinking back to the flying scholarship, I was lucky enough to get one. I say lucky because to get 30 hours of flying training (worth over £3,000 in today's money) seemed too good to be true. But in those days the Cold War was at its height and presumably the RAF needed a pool of semi-trained pilots to call upon if required. Indeed, the only question I remember during my selection interview was 'would I be prepared to drop an H bomb?'

So, in the summer of 1960, I learned to fly at Shoreham under the great Cecil Pashley - a pioneering aviator who helped found Shoreham airport before WWI. I was lucky with the weather and managed to get my PPL (Private Pilot's Licence) before the end of the school summer holiday. As such, I was then able to take people up, and to fly over Hurst. John Norris was one such passenger, as were Sally Cartwright and her father (they lived at Church House). I also took my father up. Air Law states that at least 1,500ft height is needed over a town - but elsewhere one can fly within 500ft of any 'person, vehicle, vessel or structure'. The photo (right) shows an Airfix model of a Tiger Moth suspended on a nylon thread from our bedroom window. If it were a real one, it would correspond to a law-breaking height of less than 500ft!



The other photo shows a Jumble Sale poster (left) that my mother was asked to make. I enclose it for two reasons. Firstly, how many people nowadays have heard of such things? In those days (early 60s) they were regular occurrences and important for fundraising, but now they seem to have been overtaken by charity shops and car boot sales.

Secondly, it reminds me of the monumental jumble sale that the Hurst Bell Ringers held in order to raise money to buy a set of handbells. The Parish Room, in West Furlong Lane, was piled high with stuff – clothes were stacked at least a foot high, and I remember asking Stan Brown – or was it Harry – whether I should try and attract more people in from the High Street. 'Good Idea' he said, and he gave me one of his handbells (he had his own set which he had bought in a junk shop!) and I set off down the High Street with billboards strapped to my chest. I suppose it may have attracted one or two extra customers. Certainly by the end of the day we had taken £96 (£2,200 today), which was a fantastic sum and went almost half way to paying for the new hand bells.

Ah, the Brown Twins! They do indeed deserve having



a Hurst road named after them. They got married on the same day, and moved to the village shortly after I had learned to ring with the then band: Mary Carnochan, David Robinson, George Mansbridge, Harry Richardson, George Burdfield, Bill Oxenham, Rev. Theo Franklin and his wife, and others whose names I forget. The twins' arrival greatly boosted our competence, confidence and everything else.

This magazine has already featured an article on the joys of bell-ringing, and I concur. It was, and I'm sure still is, great fun and very sociable. And, yes, it does lead to some romances. David Robinson met his future wife Joyce in the belfry, as did John Norris meet Mary and Bernard Harfield (from Wivelsfield) meet Sheila Canning. As for ringing anecdotes, here are two:

One New Year's Eve we were ringing in the New Year – actually we were still ringing out the old one – when the clapper dropped out of the tenor bell. The tenor is the heaviest bell (12 cwt in Hurst) and the clapper



must weigh in the order of 15kg. It made a terrible noise as it crashed through a gap in the bell chamber floor and clattered to a halt in the clock chamber above us. We thought the whole bell had come loose and were anxiously eying the door. But there was no need to panic, though we were tenorless for the rest of the night.

The other 'event' happened over a period of two weeks. Our then village policeman was ringing the number six bell, when he must have pulled a bit too hard and broke the 'slider'. The slider works with the stay and provides a mechanism for letting the bell come to rest just over top dead centre. But once either one of these wooden items breaks, then the bell will try to go round again and try and take another 4m of rope with it. It seems that, despite ringers being told to 'let go of the sally' (the fluffy coloured bit of the rope) in this situation, which in turn is rare enough, sometimes they don't. This is what happened in this case. I was ringing the number five and turned my head to see a pair of policeman's boots at eye level. The slider was duly replaced with a new oak one, though it should have been ash – a more resilient wood. The following week, the same thing happened again. Luckily the ceiling in the ringing chamber is high, and our friendly bobby was OK. Nevertheless we didn't see him again for a while. But I'm happy to say that he did return and subsequently his wife and two sons also learned to ring.

RECYCLE THIS...

WSCC Recycling Ambassador Colin McFarlin sheds some light on what can and can't be recycled in our domestic blue bins. If you have a question for him, email: editor@hurstlife.co.uk



Thank you for all your individual enquiries about your recycling. By the time you read this I will have replied individually to all your emails to the editor on recycling. Keep the questions coming...



Having a good spring clean and discovered a drawer or box of old mobile phones and chargers? Also found old MP3, iPods, tablets or Kindles?

Let me share with you how you can recycle all of these, and there could be money in it for you.

First of all, make sure all of your data is removed.

Your phone could have a value. It does not depend on the age of the phone but on the value of the components! 30% of a phone is recyclable.

Sell your old mobile phone?

Try www.o2.co.uk – free postage. For example, an old HTC OneX phone is worth £3. Paid by bank transfer or Paypal to you.

Or try www.Envirofone.com – they take damaged phones as well. Also freepost.

Or try Tesco online – they pay you in Clubcard points.

Or recycle at shops that sell them. My old one went back to the Vodafone shop in Haywards Heath.

Want to raise money for your favourite charity? Get all the old phones, MP3, iPods, tablets and Kindles from your group and have some fun selling them. I would love to hear your success stories.

And finally, chargers. Basically no one wants them because they have no materials in them that can be recycled. Do not put them into your blue top recycling bin and do not put them into your black top rubbish bin. Do take them to your Household Waste Recycling site (The Tip to you and I), and place them into the Small Electrical items bay.

So, even if you cannot recycle them, do make sure you dispose of them correctly.

Now what can I put in that empty drawer

Would you like me to give a talk to your local group on recycling?

Do keep your individual questions coming on specific items you are not sure can be recycled. One email to the Editor, with a picture if possible, and I can let you know.

Looking forward to hearing from you.

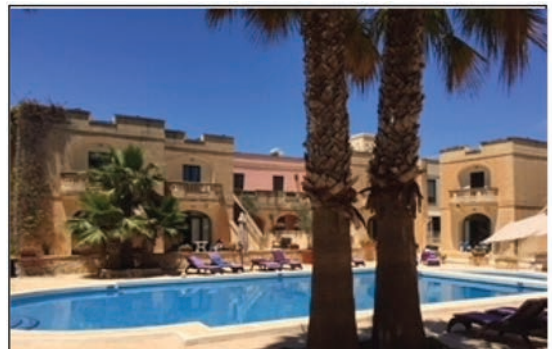
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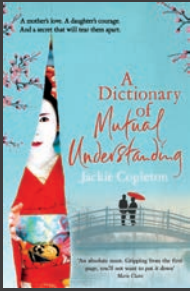
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A Dictionary of Mutual Understanding by Jackie Copleton

BOOK REVIEW

By Clare Stanton

Amaterasu is a haunted woman, widowed and living in self-imposed exile in America. She has resisted learning English and spends more time with a whiskey bottle than she cares to admit. She considers herself responsible for her daughter's death, and guilt has consumed her for nigh on forty years. When a man appears at her door claiming to be her grandson she is forced to look to the past for answers; is this a miracle or a cruel hoax?

This moving story of romantic and maternal love is told from Amaterasu's point of view, through flashbacks and her reflections upon reading letters and diaries from the past. As she looks back she realises how her actions, taken to protect her beloved daughter Yuko, were doomed to failure. The author spent three years teaching in Japan and obviously immersed herself in the culture; it was a surprise to find out that she was not of Japanese descent as her characters seemed so authentic.

The novel is set mainly in Nagasaki and the events of 9th August 1945 are central to the action; the city is brought vividly to life both before and after the devastation caused by the atomic bomb. The scenes on that day are journalistic in their detail and are reminiscent of John Hersey's classic text Hiroshima. Jackie Copleton writes of Japan's war history in a balanced way neither glossing over the darker details nor demonising the people. Her assurance in dealing with this sensitive subject matter is all the more remarkable as this is her first published novel.

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(Lou, Jan 2019)

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5 MINUTES WITH...

Bernie Gleave

Bernie Gleave is retired but has worked at various jobs including assistant in Gibson's, as a bank clerk and Nursing Assistant at Cuckfield Hospital. Her passions are cricket, swimming, singing and gardening.

How long have you lived in Hurstpierpoint? 66 years

What's the best thing about being here?

Generally the community spirit and countryside

What would you like to see in Hurst that isn't here?

A comprehensive and regular bus service

How many houses have you lived in? 5

Favourite book and film?

The Taliban Cricket Club, and any of the Harry Potter series for films

Most common New Year's resolution?

I don't usually make one, but I try and do something new each year, like an activity or experience

Your most enjoyable event in the village?

St Lawrence Fair

Do you share your home with anyone?

My husband Tim, three cats Daisy, Arnie and Robin and younger daughter Maddie

Song you play the most?

I listen to most music on the radio, ranging from Greg James to Classic FM

Which app on your phone do you use the most?

WhatsApp

Your most frequented village shop?

Gibsons, Hampers and Co-op

What's your proudest moment?

Apart from giving birth to our two daughters, probably completing the London Marathon

Last present you received?

A bottle of Cremant and three bags of ground coffee

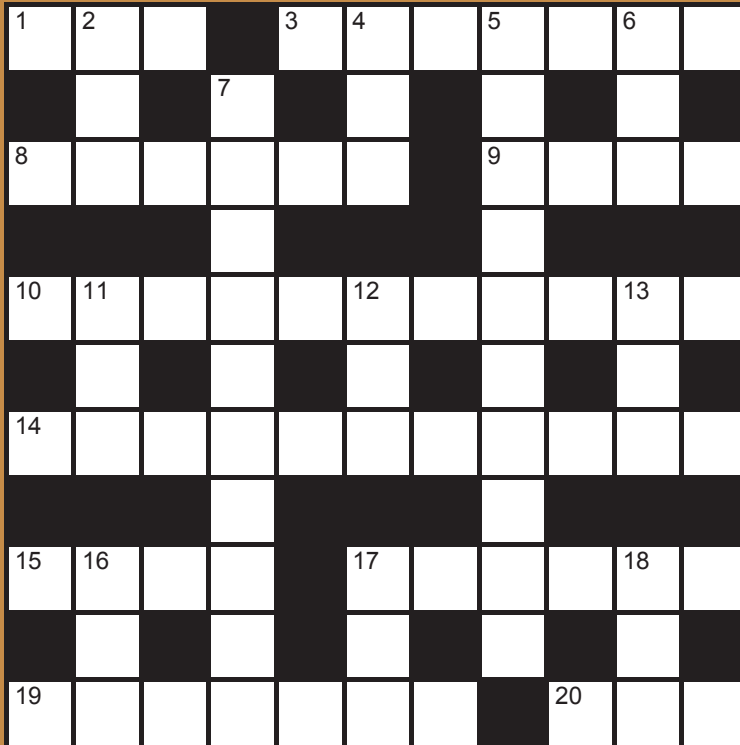
Your advice for life?

Try not to hold grudges

If you would like to provide your own answers

for 5 Minutes With, simply email them to editor@hurstlife.co.uk along with a photo of yourself, or do please encourage a friend to send their answers in!

Family crossword



Got 20 mins spare?
Have a go at this crossword - which should be varied enough for all ages to answer some clues.
Answers listed on p.59

Across

- 1 Inquire of (3)
- 3 Frog larva (7)
- 8 Clean dishes (4,2)
- 9 Near (4)
- 10 Decent (11)
- 14 Clipped style of speech (11)
- 15 Vessel (4)
- 17 Wide street (6)
- 19 Jaunt (7)
- 20 Besides (3)

Down

- 2 Ocean (3)
- 4 High mountain (3)
- 5 Tropical fruit (10)
- 6 Fall behind (3)
- 7 Retailer (10)
- 11 Female sheep (3)
- 12 Automobile (3)
- 13 Wreath of flowers (3)
- 16 Sutton ---, ancient burial site (3)
- 17 Tot up (3)
- 18 Vase (3)

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Sudoku #33

Courtesy of <http://andrews-sudoku.blogspot.co.uk>

Find the solution to #33 in next month's magazine

2	1	3			7			4
								2
9					6	5	7	
	6							
		4	9			3		
3				1	5	9		
			4			1	3	9
			6		9			7

#32 Solution

9	3	7	1	4	6	2	8	5
6	8	2	3	5	7	1	4	9
1	5	4	9	8	2	7	3	6
3	4	1	6	9	5	8	2	7
8	6	9	7	2	1	3	5	4
7	2	5	4	3	8	6	9	1
4	9	6	2	7	3	5	1	8
5	7	3	8	1	9	4	6	2
2	1	8	5	6	4	9	7	3



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What's on this month

AT THE VILLAGE CENTRE

Regular events

- Sun **Afternoon Tea Dance**
2-4.30pm, nearly every Sunday
- Weight Watchers** – 9.30-10.30am, weekly
in the Club Suite
- Mon **The Sanctuary** – 9.30-11.30am, weekly during
term time – a welcoming place where friendships
can form over coffee and cake
- Tues **Yellow Brick Lab** – 3.30-5pm weekly during term
time
- Knit and Knatter** – 2-4pm (2nd Tuesday)
- Wolstonbury WI** – 7.45pm Club Suite (3rd
Tuesday)
- Fri **Star Dance School** – from 6.45pm, weekly
- Sat **Young Blossoms Dance** – 10.15-10.50am, weekly
in the Club Suite (unless specified on website)
- Best of Ballroom** – 7.45pm (1st Saturday)

April

- 4th **Woodland Flora & Fauna Group** – 7.30pm
Talk: The glorious countryside of the Sussex
Middle Weald by David Bangs
(Free)
- 9th **Knit n Knatter** – 2-4pm
- 9th **Hurstpierpoint Horticultural Society** – 7.45pm
'Gardening For Pollinators' an illustrated talk
by Amanda Millar on how to attract those most
important but increasingly endangered of
creatures into our gardens.
- 16th **Wolstonbury WI** – 7.45pm
'Archibald McIndoe and his Guinea Pigs' by
Mr Alex Sewell
(Visitors welcomed. 01273 834421)
- 26th **Gong Bath Sound Therapy** – 7pm

Hurstpierpoint Village Centre, Trinity Road BN6 9QT
www.hurstvillagecentre.org

AND ELSEWHERE

April

- 3rd **Hurst Monthly Social Group** – 2pm
Guide Hut, Trinity Road - The Work of the RNLI
with Jo Kaddish
- 6th **Coffee morning and mini-market** – 10-11.30am
Guide HQ, Trinity Road - Entrance fee remains
at 50p per person to include coffee or tea and
biscuits. Stalls including cakes and savouries,
books, plants, raffle, tombola and gifts
(Any advance donations contact Jo Kearns,
01273 834200. Happy to arrange collection)
- 8th **Hassocks Field Society** – 7.45pm
Adastra Hall, Hassocks – 'Shepherds of the South
Down' a talk by Ian Everest
(Members £1.50, Visitors £2 Beryl Varley
01273 832351)
- 11th **Haywards Heath Ceramics Group** – 10am
Clair Hall, Haywards Heath - Talk 'Worcester
Flight and Barr Porcelain' by Charles Dawson
(Tickets £8, call 01444 483372)
- 11th **Mid Sussex Association National Trust** –
2.30pm. Clair Hall, Haywards Heath - Talk: 'The
Medieval Art of Love and Life' by Patricia Wright
- 25th **Mid Sussex Older People's Council** – 10am-2pm
Clair Hall, Haywards Heath - Katie Bourne, Police
Crime Commissioner, speaking at their annual
conference and public address. (Free event for
the over 60s. Nicola6@msopc.org.uk)
- 26th **HHD U3A AGM** – 2pm
Adastra Hall, Hassocks – 'The Amazing Mr Sousa'
by Ian Gledhill – renowned for his marches, Sousa
wrote many other pieces of music
- 27th **A concert by Cotillion** – 7pm
St John the Evangelist Church, Newtimber - A
celebration of the working horse and ox in folk
song and verse (tickets £10 adults, £4 under 16s -
includes interval refreshments 01273 831877)
- 27th-
28th **Open Gardens** – 11am-4pm
The Old Coach House, Sayers Common – In aid
of St Peter & St James Hospice. Tea/coffee, cake,
jams, BBQ sausages. Short bluebell walk (£3)
- 29th **Hassocks Field Society** – 7.45pm
Adastra Hall, Hassocks – 'Plastic, Turning the
Tide' a talk by Ray Hale (Visitors £2)

May

- 1st **Hurst Monthly Social Group** – 2pm
Guide Hut, Trinity Road - Alfreda Thorogood
on her life as a ballerina (Visitors £3, contact:
Dianne 01273 835284)

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